

## Terminal 4 Travel Options

This pack includes information on available travel options to and from Heathrow Terminal 4 and around the Heathrow Campus.

If you're new to Team Heathrow this is a unique opportunity for you to assess how you commute, and to explore the many options available for getting to and from the airport. Even if you've been working at the airport for a while, you may stumble across a cheap and convenient route to work you hadn't previously considered.

### Cycling and Cycle Parking

Cycling is cheap, convenient and can offer a daily dose of exercise, which is often hard to squeeze into a busy day. At Heathrow we are striving to make our campus, and the roads surrounding it, not only safe but suited to cyclists. Ashford, Sunbury and Feltham are all within a 25-minute cycle ride of Terminal Four – so why not give cycling to and from work a try? Travel times for key locations are detailed below with cycle routes around the airport illustrated in **Figure 4**.

#### Cycle journey times

Origin	Journey time by Cycle
Staines	27mins
Ashford	19mins
Sunbury	25mins
Feltham	20mins
Hounslow	29mins
Hayes	42mins
West Drayton	31mins

Source: Google Maps, 2019

Cycle parking is available at Terminal 4 and a further 12 spaces are located at Premier Inn Terminal 4.

Cycle parking is also provided at other locations across the airport, including the Heathrow Cycle Hub at the Cycle Academy which has 174 spaces (on Newall Road). See a map of our airport wide cycle parking in **Figure 3**.

Heathrow is committed to supporting colleagues cycling to work. We offer a wide range of benefits which should make your cycle safe, affordable and convenient, including: multiple initiatives across our campus in partnership with a great selection of organisations; significant discounts on cycling equipment, from bikes and helmets to cycling accessories; and we're also committed to evolving and improving our cycling infrastructure for the benefit of both cyclists and others who occupy roads on our campus.

The Cycle Hub is your one-stop-shop for everything you need to start cycling to work – register to take advantage of the wide range of benefits it offers. This includes cycle to work schemes (offered by Team Heathrow companies), free bicycle servicing, discounts on purchases and repairs and free cycle training.

### Walking

Heathrow's campus is a relatively flat and pedestrianised area. Why not walk to work? **Figure 2** shows areas within a 30-minute walk of Terminal Four. Alternatively, you could walk to your nearest bus stop and make the most of the discounted bus services or buses in the Free Travel Zone.

## Public Transport

Seven bus / coach routes stop at Terminal 4, serving areas such as Southall and Richmond upon Thames. Why not check if you can catch the bus to work and be dropped right at the doorstep? The services can be taken from bus stops located at Salisbury Road (See **Figure 1**). Alternatively head to the Central Terminal bus station for even more destinations served by bus and coach.

### Bus and Coach services

Bus / Coach No.	Operator	Route	Daytime Frequency	Operating Hours	Free Travel Zone
482	TfL	Southall Broadway to Heathrow T5	Approx. every 20mins	03:20-01:00	Yes
490	TfL	Pools on the Park to T5	10-12mins	03:15-01:48	Yes
555	Hallmark	Whiteley Village to Heathrow	Hourly	02:57-22:55	Yes
250	National Express	Ipswich to Heathrow Airport	Every 2 hours	01:00-23:25	No
727	National Express	Norwich to Gatwick Airport via Heathrow	Every 2 hours	01:05-00:15	No
787	National Express	Cambridge to Heathrow T5	Every 2 hours	02:05-23:59	No
A4	National Express	Victoria Coach Station to Heathrow	Daily	04:00	No

Source: Transport for London, Bus Times

Terminal 4 is served by London Underground services. Piccadilly Line services run from Heathrow Terminal 4 towards Central London from around 05:00-23:30 and run approximately every ten minutes.

TfL Rail services also serve Terminal 4 from 04:42-00:07 Monday to Saturday and 05:11-00:01 on Sundays, serving Hayes & Harlington, Southall, Hanwell, West Ealing, Ealing Broadway, Acton Main Line and London Paddington.

Heathrow Express services run every 15 minutes however a change is required at Terminals 2 and 3 to connect you to London Paddington.

Do you require travel across campus during the day for business? Buses, rail and London Underground services in the Free Travel Zone can connect you to other key destinations across the campus for free.

### Shuttle Buses

A shuttle bus stop is located at Salisbury Road, with a service to / from S1 Car Park in operation.

### Rewards & Discounts

Team Heathrow offer various discounts to ensure public transport is the cheaper option – you can get a 75% discount on Heathrow Express and TfL Rail – check the Heathrow Commuter site for details. Don't live on a rail route? Substantial bus discounts are also available on coach services from Woking, Oxford and Reading. Guildford is being added in July 2019.

Don't forget about the great discounts and number of initiatives offered such as led bike rides, a cycle to work scheme and 10% discount at our Cycle Hub.

### Car Share

Liftshare host our car sharing scheme at Heathrow, one of the biggest in Europe! Visit our dedicated Liftshare page to see if you can find a match.

All registered, active car sharers get access to priority parking at Heathrow managed car parks!

Figure 1: Travel Options at Terminal 4

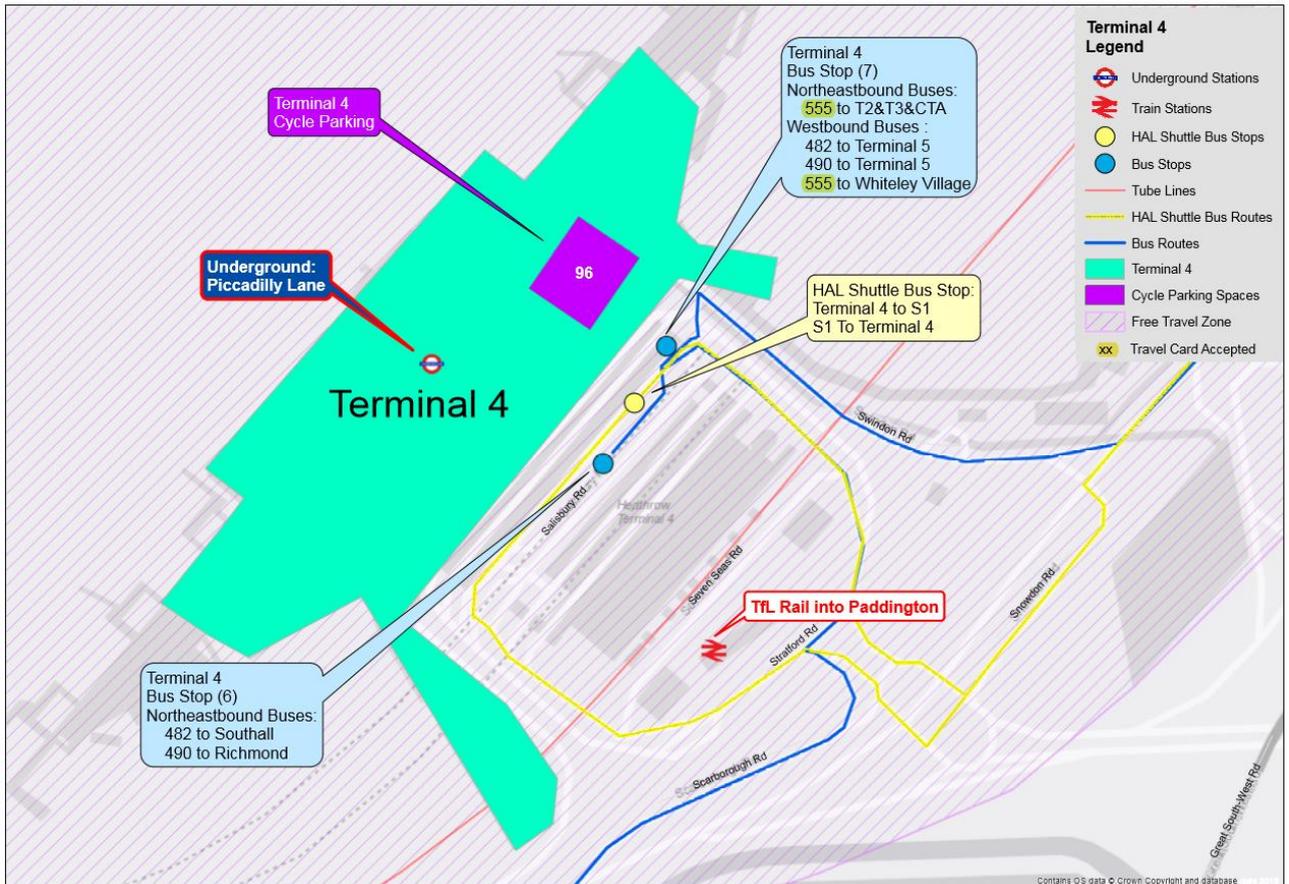


Figure 2: Travel options in the wider area

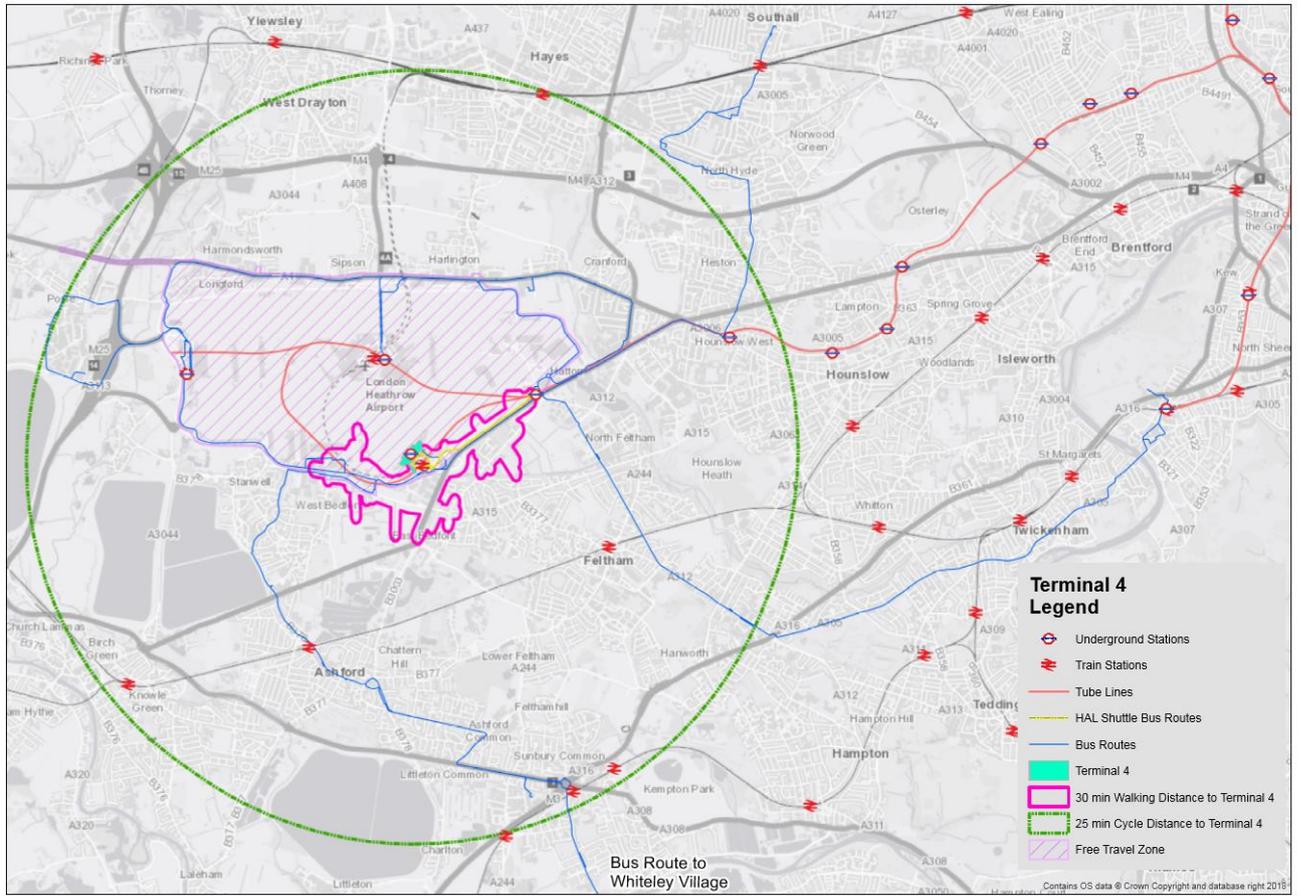


Figure 3: Cycle Parking at Heathrow

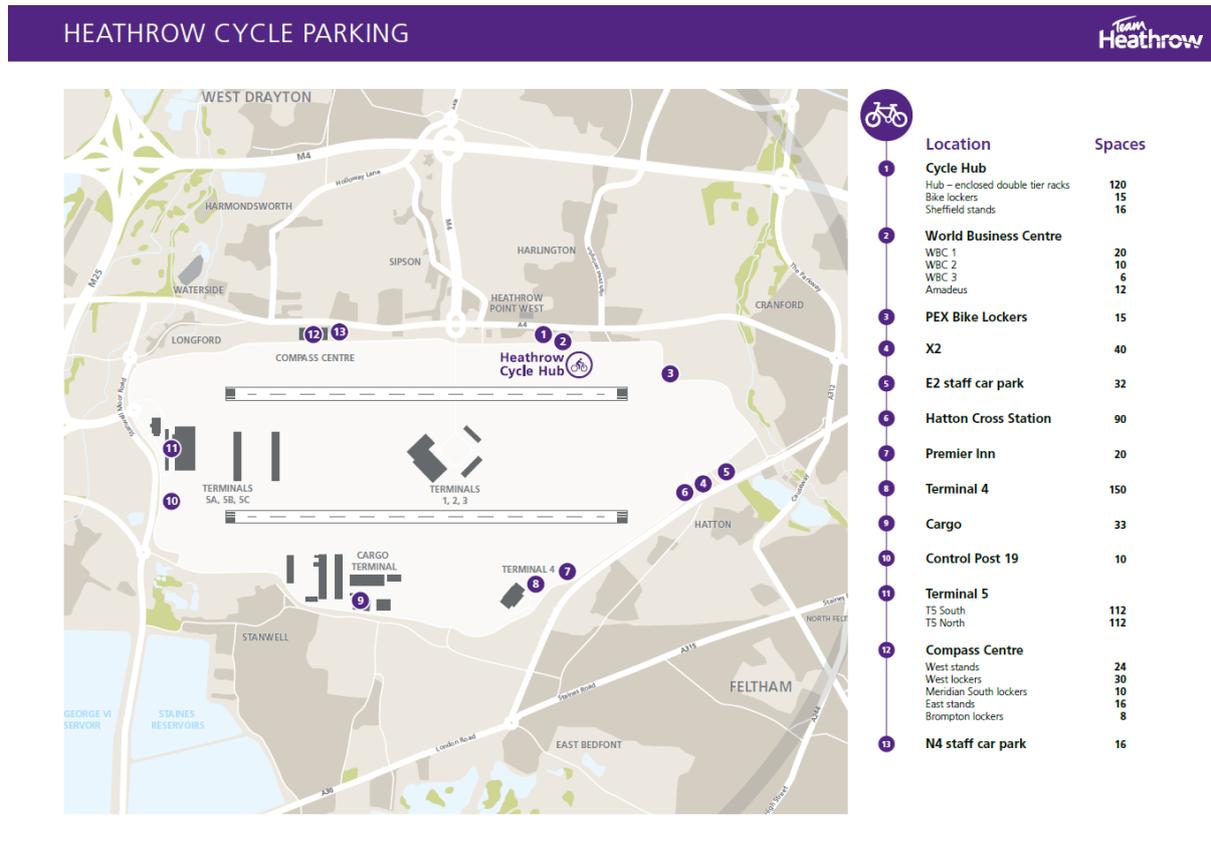


Figure 4: Cycle routes around Heathrow

